

RISKO Matrix

Age	10 to 20 1	21 to 30 2	31 to 40 3	41 to 50 4	51 to 60 5	61 and over 6
Heredity	No known history of heart disease 1	1 relative with cardiovascular disease over 60 2	2 relatives with cardiovascular disease under 60 3	1 relative with cardiovascular disease under 60 4	2 relatives with cardiovascular disease under 60 6	3 relatives with cardiovascular disease under 60 7
Weight	More than 5 lbs. below standard weight 0	-5 to 5 lbs. weight 1	6-20 lbs. over weight 2	21-35 lbs. over weight 3	36-50 lbs. over weight 5	51-65 lbs. over weight 7
Tobacco	Non-user 0	Cigar and/or pipe 1	10 cigarettes or less a day 2	20 cigarettes a day 4	30 cigarettes a day 6	40 cigarettes a day or more 10
Exercise	Intensive occupational & recreational exertion 1	Moderate occupational & recreational exertion 2	Sedentary work & intense recreational exertion 3	Sedentary occupation & moderate exertion 5	Sedentary work & light recreational exertion 6	Complete lack of all exercise 8
Cholesterol or Fat Percent in Diet	Cholesterol below 180 mg.; diet contains no animal fat or solid fat 1	Cholesterol 181-205 mg.; diet contains 10% animal or solid fats 2	Cholesterol 206-230 mg.; diet contains 20% animal or solid fats 3	Cholesterol 231-255 mg.; diet contains 30% animal or solid fats 4	Cholesterol 256-280 mg.; diet contains 40% animal or solid fats 5	Cholesterol 281-300 mg.; diet contains 50% animal or solid fats 7
Blood Pressure	100 upper reading 1	120 upper reading 2	140 upper reading 3	160 upper reading 4	180 upper reading 6	200 or over upper reading 8
Gender	Female under 40 1	Female 40-50 2	Female over 50 3	Male 5	Stocky male 6	Bald stocky male 7

Classification Key:

6-11 Risk well below average
12-17 Risk below average
18-24 Risk generally average

25-31 Risk moderate
32-40 Risk at dangerous level
41-62 Danger! Urgent! See your doctor now.

Stress, Exercise and You

Activity	Flexibility	Cardiovascular Fitness	Muscular Strength	Muscular Endurance	Body Composition	Stress Diversión
Archery	Low	Low	Medium	Medium	Low	Medium
Backpacking/ Hiking	Medium	Medium	Medium	High	Medium	High
Badminton	Medium	High	Low	Low	Medium	Low
Bicycling	Low	High	Low	Medium	High	High
Billiards/Pool	Low	Low	Low	Low	Low	Medium
Bowling	Low	Low	Low	Low	Low	Medium
Canoeing	Low	Medium	Low	Medium	Medium	High
Dance (Aerobic)	High	High	Low	Medium	High	High
Dance (Social)	Low	Low	Low	Low	Low	High
Football (Flag/Touch)	Low	Medium	Low	Medium	Low	Low
Golf (Walking)	Medium	Low	Low	Medium	Low	Low
Gymnastics	High	Low	High	High	Low	Medium
Handball/ Paddleball/ Racquetball	Medium	High	Low	Medium	High	Low
Horseback Riding	Low	Low	Low	Low	Low	High
Jogging	Low	High	Low	Medium	High	High
Judo/Karate	Low	High	Low	Medium	Medium	High

Activity	Flexibility	Cardiovascular Fitness	Muscular Strength	Muscular Endurance	Body Composition	Stress Diversion
Rope Jumping	Low	High	Low	Medium	Medium	High
Sailing	Medium	Low	Low	Low	Low	High
Skating (Ice/Roller)	Low	Medium	Low	Medium	Medium	High
Skiing (Cross-Country)	Low	High	Medium	Medium	High	High
Skiing (Downhill)	Low	Medium	Medium	Medium	Low	High
Soccer	Medium	High	Low	Medium	High	Low
Softball	Low	Low	Low	Low	Low	Medium
Surfing	Medium	Low	Low	Medium	Low	High
Swimming	Medium	High	Medium	Medium	High	High
Table Tennis	Low	Low	Low	Low	Low	Medium
Tennis	Medium	Medium	Low	Low	Medium	Low
Volleyball	Medium	Low	Low	Low	Low	Medium
Waterskiing	Low	Low	Medium	Medium	Low	High
Weight Training	Medium	Low	High	High	Low	High